

IMEC (Marie Cobel) with "Friends"
September 7, 1984

Session 12: The Life of a Projection

Summary: This tape is about how a projection is made and why it effects our lives. Wherever there is attachment there is projection.

Extended Summary: Wherever there is attachment there will be projection? Yes, the emotional body and mental body are related. The emotional body is related to the autonomic and instinctive physical. Deep emotional level experience early in childhood still affects throughout life. The Friends describe how children, through their misunderstanding of fantasy, are in essence being lied to. This is a source for frustration which in these formative years creates an emotional body. Emotional energy is stored on these various concepts which have deep triggers and can be a source for unwarranted attachment and misdirected emotion. Once these emotional projections are understood they will fall away. Is this a time of greater spiritual awakening? Yes. The concepts and thought forms are increasing in the areas of other thinking. New information is being allowed to come forth. Other points are being expressed that resist to other projections. People of like mind concentrate on themselves and group with others then gain the energy needed to influence change. Even information that is being opposed is gaining ground because energy is added to it by it being opposed. Realities grow and decrease based on the number of people who are applying energy to the idea. Spending energy in opposition to an idea is taking away from their own idea and adding to the other. Focus on expanding an idea not on destroying or changing other energies. Do not work against other energies, concentrate on your own. Go in peace. Trying to focus on another just increases their energy, good or bad. Attention is like a currency, where your attention is focused your energy flows. Whether that attention has good intent or bad it is still attention energy. To promote an idea is to give energy to it in the form of attention. Ideas must come from people to be truly accepted not from God. What should we be doing to focus on higher thought forms? You have to start with what you know so everyone is different. Watch the thoughts emerge and observe the source of the thought, look at the process behind the thought. Start by being an observer of your thoughts. Begin to understand where your thoughts are originating and the effect it is having on you and your environment. See if it is outside or an inside thought. Observe and become aware. Grow by taking control of the thought forms. Locked energy in emotional energy releases these attachments to remove the influence of the emotional body. When you understand that a thought's origin was outside and not from the inside you will become aware. Then you can begin to seek out the thought forms' effect on your mental processes. Locate and release the trapped emotional energy. By understanding the source of the thought and the reactions to those thoughts, you can

now shape your own reality. The intellectual body grows from the release of energy from the emotional body. This will promote the intellectual body and the act of self-reflection is the source of self-knowledge. The same from the mental body that holds opinions; releasing them also grows the intellectual body. By not spending energy defending an opinion then emotional energy is released. Through the process of releasing the emotional body, and the building of the intellectual body, there is a release of attachment to opinion, the need to defend. Also, the release of the mental and emotional energy will result in an improvement of the physical body. Over time the several energies will combine to a single body. This flows to the intellectual body which also improves the physical body. Over time the separation of the bodies lessens, and a single intellectual body dominates.

Report by Daniel Erickson

Extended summary by S. Solomon